

OUR YEAR 7 TRANSITION WELLBEING NEWSLETTER | JULY 2026

MENTAL HEALTH AND WELLBEING LEAD: MRS J CHILTON JCHILTON@BOTELER.ORG.UK

MENTAL HEALTH AND WELLBEING MANAGER: MISS V GIBKA VGIBKA@BOTELER.ORG.UK



NAVIGATING THE MOVE TO SIR THOMAS BOTELER HIGH SCHOOL: A PARENT'S GUIDE TO WELLBEING

Starting high school is a significant step for both students and their families, and at Sir Thomas Boteler Church of England High School, we understand the mix of excitement, pride, and uncertainty this transition can bring. It's a time filled with excitement, new opportunities, and, understandably, a few nerves. As routines shift and expectations grow, both students and parents can feel the weight of change. This month's newsletter is here to support *you*—because your wellbeing is just as important during this transition. We'll share practical tips, emotional insights, and expert advice to help your family navigate this new chapter with confidence and calm. As your child embarks on their journey with us, we want to ensure that you feel supported too. We're here to walk alongside you every step of the way.



HELPING YOUR CHILD PREPARE FOR SECONDARY OR HIGH SCHOOL:

Here are some things to that'll build your child's confidence, resilience and self-esteem.

1. Start by understanding why it's hard, it can really help

Moving from primary to secondary or high school happens to everyone. Some children are ready - they're excited about going and manage well when they get there. But it can be a huge leap for other children and their families.



2. Reassure them it's normal to feel excited and scared and nerves help us prepare for challenges

Remind them it may take time for them to feel settled and they might get things wrong as they get used to a new situation, and that's OK!

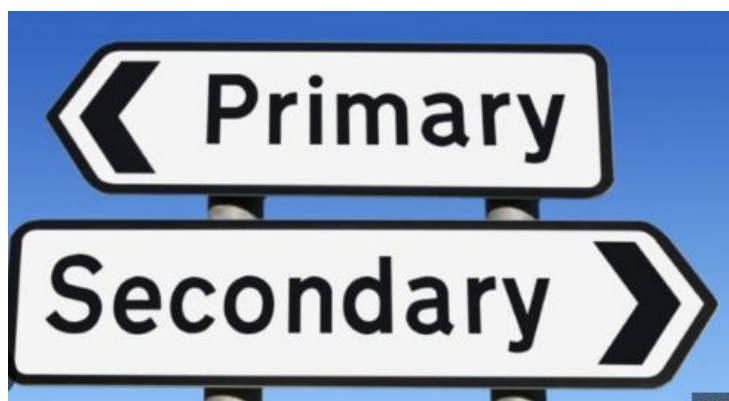
3. Talk to them about how they coped with changes and transitions in the past

Remind them that not everything is going to change – some routines will stay the same – and plan ahead.

4. Consider other things they may be worried about before they start their new school

5. Once your child starts secondary or high school, be understanding of the strain that changing school brings

6. Listen out for how they're getting on making new friends and how they feel about their peer group



Check that all's well on social media. Encourage your child to develop new friendships, for instance support them meeting friends outside of school.

7. Prepare yourself (as a parent). It's okay to be worried too.

TRANSITION VIDEO:

Click the Link for a video on transition to high school: [Moving Up! The transition to secondary school - YouTube](#)



HOW TO REPLACE NEGATIVE THOUGHT PATTERNS WITH CURIOSITY AND OPEN-MINDEDNESS:

How do negative thought patterns affect us?

It's natural to have negative thoughts sometimes. But if you get stuck in a pattern of negative thinking, it can harm your mental health and self-esteem.

Your thoughts, feelings and behaviours are connected, so how you think also affects how you feel and behave. That's why learning how to think in healthier ways can make a big difference to your overall wellbeing.

Changing thought patterns begins with being open-minded about the things you previously assumed to be true



about yourself. Practicing curiosity can help us re-imagine how we see ourselves, and the world, and open us up to new opportunities, challenges, and perspectives.

- **Self-criticism and negative self-talk can damage our self-esteem:** We may believe we're not capable or worthy and feel less confident.
- **Negative thinking can make us feel anxious and stressed:** Too much stress can harm our emotional and physical health.⁴
- **Avoidance can stop us from reaching our potential:** Avoiding challenges and not trying new things can stop us from following our dreams.
-



Recognise negative thoughts

What we think is not always based on reality. Our experiences and emotions can lead us to make untrue or unrealistic conclusions about ourselves, others and the world.

Learning to recognise these “cognitive distortions” can help us avoid slipping back into these patterns.

Some examples of cognitive distortions include:

- **All-or-nothing thinking:** “If I make one mistake, I’m a complete failure”
- **Overgeneralisation:** “I always fail”
- **Mental filter or only paying attention to the negative:** “Nothing good ever happens”
- **Jumping to conclusions without evidence:** “I know they hate me”
- **Emotional reasoning:** “I feel like no one likes me so it must be true”
- **“Should” statements:** “I should always get perfect grades”



For tips on how to change negative thought patterns click the link: [How to replace negative thought patterns with curiosity and open-mindedness | Mental Health Foundation](#)

A TO Z OF COPING STRATEGIES



Here's a list of 26 ideas, strategies and techniques that might help you if you are feeling worried or stressed.

Not all things work for all people but you won't know until you try. You'll also need to practice and use these.



ACTIVITY:
Do something that you enjoy!

BREATH:
Take deep breaths in and long slow breaths out

CREATE:
Find creative ways to express yourself, for example paint, draw, dance or sing

DISTRACT:
Keep yourself busy



EXERCISE:
Get moving through physical exercise and sport

FRIENDS AND FAMILY (AND PETS):
Spend time with loved ones

GOALS:
Break things down into small steps and focus on one thing at a time

HELPLINE:
Call for confidential help, advice and support (see the back of this leaflet)

ICE:
Cool down, have a shower, lower your temperature to help calm things down

JOIN IN:
Do not isolate yourself; connect with those around you

KEEP THINGS SIMPLE:
Prioritise what you need to do and let go of the rest

LOOK FOR LESS HARMFUL ALTERNATIVES:
What else can you do? Write a list of other options

MUSIC
Listen to your favourite tunes

NURTURE AND NOURISH:
Look after yourself by eating and drinking

OUTSIDE:
Get some fresh air to clear your mind. Go for a walk

PROBLEM SOLVE:
Can challenges or barriers be overcome? Who or what can help you with this?

QUIET TIME:
Keep things calm and peaceful around you

RELAX:
Chill out; remind yourself that it won't always be this hard

SUPPORT:
Who's around you that you can lean on for more support?

TEXT:
Contact a mate or someone you trust

USE YOUR TALENTS AND STRENGTHS
Focus on what you do well and do more of it

VISUALISE:
Imagine a calm or happy place

WRITE IT DOWN:
Keep a diary, write a letter or a blog. Get it out of your mind and onto paper

XBOX OR OTHER GUILTY PLEASURES:
It's OK to have downtime



YOU CAN DO IT:
You can cope, you will get through this. Believe in yourself!

ZZZZZ:
Sleep on it. Don't make any sudden decisions

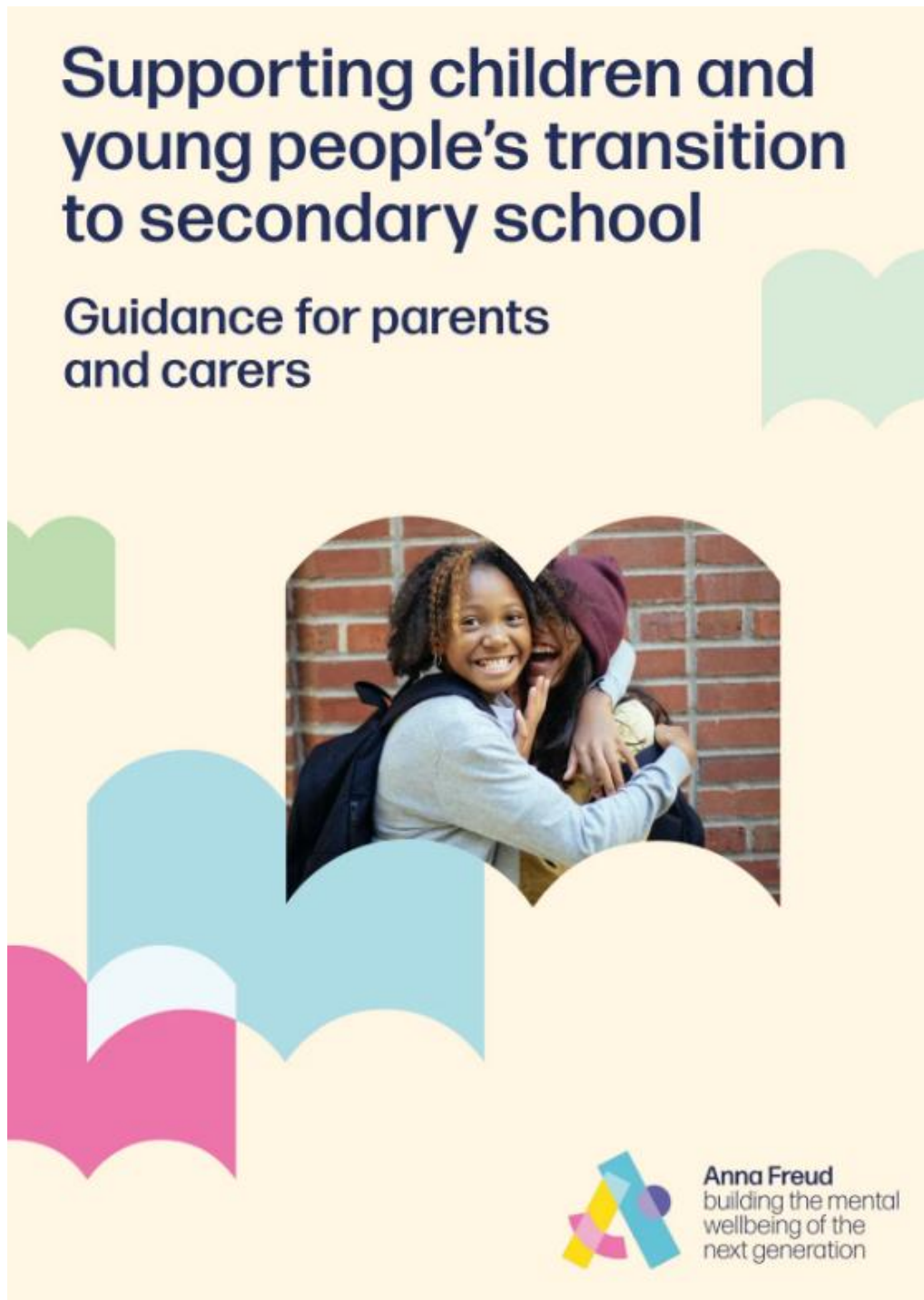


MENTAL HEALTH & WELLBEING MODEL



TRANSITION GUIDANCE FOR PARENTS & CARERS:

Click the link for a guide on supporting your child through their transition to high school: [Supporting children's transition to secondary school: guidance for parents and carers | Anna Freud](#)



IF YOU NEED HELP... THE FOLLOWING ORGANISATIONS OFFER MENTAL HEALTH SUPPORT:

-  **SAMARITANS:** Tel 116 123. Operates a 24-hour service available every day of the year.
-  **CALM:** (Campaign Against Living Miserably): Tel 0800 58 58 58. CALM is a leading movement against suicide. It runs a UK helpline and webchat from 5pm to midnight 365 days a year.
-  **PANDAS:** Tel 0808 1961 776. Free helpline and support service for people (or family members) who may be suffering with perinatal mental illness, including prenatal and postnatal depression.
-  **CHILDLINE:** Tel 0800 1111. Helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.
-  **PAPYRUS:** 0800 068 41 41. Support for teenagers and young adults who are feeling suicidal.
-  **MIND:** Tel 0300 123 3393. Provides advice and support to empower anyone experiencing a mental health problem.
-  **RELATE:** Tel 0300 0030396. Relate are the UK's largest provider of relationship support.
-  **GAMCARE:** Tel 0808 8020133. Support for anyone affected by gambling problems across Great Britain.
-  **BULLYINGUK:** A website for both children and adults affected by bullying.
-  **SHOUT:** Text 85258. A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.
-  **CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS):** Support children and young people up to age 18 with their emotional and mental health and wellbeing.
Telephone: 01925 575904
-  **KOOTH:** Digital online mental health and wellbeing support, available to all. www.kooth.com
-  **For someone struggling emotionally but not in immediate danger:**
SAMARITANS – 24/7 emotional support (call 0116 123 in the UK)

EMERGENCY CONTACTS:

NHS 111 (option for mental health in many areas)

LOCAL CRISIS TEAMS VIA THE NHS OR GP OR COMMUNITY MENTAL HEALTH SERVICES

Immediate risk / safety concern → 999 (police + ambulance)

Concern but not immediate → 101 / social care / NHS services

Emotional distress → Samaritans or NHS mental health support

If the child/young person is in immediate danger, please contact the 24-hour crisis line on - 01744 415640 or contact your local A&E department or call 999.

The webpage for Merseycare's crisis team is:

<https://www.merseycare.nhs.uk/our-services/warrington/child-and-adolescent-mental-health-service-crisis-response-team/>

In the meantime, please see services below to support health and wellbeing:

Neurodiversity Advice and Support

ADDvanced Solutions Community Network

Encourages, supports and empowers the families of neurodiverse children and young people with or without a diagnosis, who may also have specific learning difficulties or associated mental health needs.

Telephone: 01925 320863

Website: www.addvancedsolutions.co.uk

National Autistic Society (NAS)

Provide advice and guidance to support mental health.

Website: www.autism.org.uk

Autism understood

Created by autistic individuals with advice and support to improve health and wellbeing.

Website: www.autismunderstood.co.uk



Mental Health Support

Child and Adolescent Mental Health Service Crisis Response Team

24 hour crisis response team for young people up to the age of 18 experiencing a crisis needing an emergency response.

Telephone: 01744 415640

Warrington Crisis Line

Urgent support 24/4 for people of all ages experiencing a mental health crisis.

Telephone: 0800 051 1508

Child and Adolescent Mental Health Service (CAMHS)

Child and Adolescent Mental Health Services - also known as CAMHS - support children and young people up to age 18 with their emotional and mental health and wellbeing.

Telephone: 01925 575904

General Practitioner (GP)

Your GP can also talk to you about your mental health and help introduce you to the right mental health service for your needs.

Kooth

Digital online mental health and wellbeing support, available to all.

Website: www.kooth.com

YoungMinds

Advice and information to empower parents and young people and provide tools to support their mental health. Parents helpline, webchat and email service.

Website: www.youngminds.org.uk

**Happy Ok Sad**

Links to information, services and resources to support mental health wellbeing.

Website: www.warrington.gov.uk/happy-ok-sad

Samaritans

Call 116123 to talk to someone 24/7 whatever your age.

Website: www.samaritans.org

Talking matters Warrington

Talking Therapies for people experiencing mental health difficulties. Self-refer on-line from 16 years old.

Telephone: 01925 401720

Website: www.mhm.org.uk

PAPYRUS

Prevention of young suicide.

Telephone: 0800 068 4141 or text 07786 209697

Website: www.papyrus-uk.org

Saint Joseph's family Centre

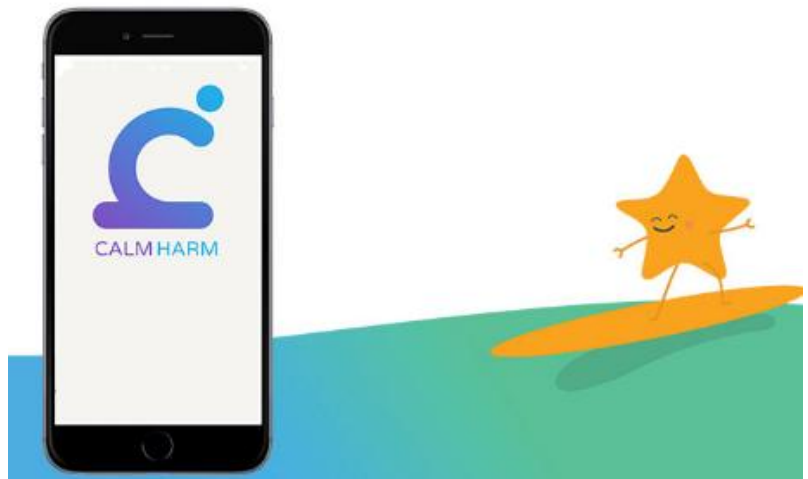
Works in partnership with CAMHS to provide person centred counselling for children and young people aged 6-18 to support them to understand their feelings, develop positive self-management tools and encourage better mental health and wellbeing.

Website: www.saintjosephsfamilycentre.co.uk

Calm Harm App

Calm Harm provides tasks to help you resist or manage the urge to self-harm.

Download via Apple and Google Play app stores.



Wellbeing Support Childline

Offer a free 1:1 online counselling service.

Telephone: 0800 1111

Website: www.childline.org.uk

Youth in Mind

Free and discrete drop-in service for young people aged 7-19 (up to 25 with additional needs) who are experiencing problems relating to their emotional wellbeing.

Telephone: 01925 977277

Website: www.warringtonyouthzone.org/youth-in-mind

Kooth

Digital online mental health and wellbeing support, available to all.

Website: www.kooth.com

REACH 85258

Text SHOUT to 85258 for free, 24 hour confidential text support service for anyone in the UK who is struggling to cope.

Website: www.giveusashout.org

School Health Team

Each primary and secondary school has a named school nurse who will promote health and emotional wellbeing in school.

Website: www.bridgewater.nhs.uk

Education and SEND

Special Education Needs and Disability Information Advice & Service Support

Help parents/carers and young people who have or may have special educational needs and disabilities between the ages of 0-25 with or without EHCP.

Telephone: 01925 442978

Email: infosendiass@warrington.gov.uk



YOUTH in mind



Mersey Care
NHS Foundation Trust

WARRINGTON



An **OnSide** Youth Zone



DROP IN

Monday - Sunday

3.30pm - 7.30pm

A free and discreet drop-in service offering early intervention support to young people aged 7-19 (up to 25 with a disability) who are experiencing challenges with their emotional wellbeing.

No appointment or referral is necessary and young people do not have to be a Youth Zone member to access this support.

Our friendly Key Workers are here to listen, offer advice and guidance, and will introduce you to a range of wellbeing projects and mental health services at the Youth Zone, in your local community, and online.

warringtonyouthzone.org



Department
of Health &
Social Care

The service is commissioned by Cheshire & Merseyside NHS as part of 'Warrington Place' Starting Well plans to support 'Children and Young People's Emotional and Mental Health & Wellbeing'.

The project delivery is a partnership between Warrington Youth Zone and Mersey Care 'Child & Adolescent Mental Health Services'



Warrington
Youth Zone
Dallam Lane
Warrington
WA2 7NG



warringtonyouthzone.org



Department
of Health &
Social Care

YOUR VOICE MATTERS

IF YOU HAVE ANYTHING YOU
WANT TO SAY - POST IT HERE...



USE THIS POST BOX TO TELL US HOW YOU FEEL, ASK FOR SUPPORT, REPORT SOMETHING OR JUST TO HAVE A VENT AND UNLOAD YOUR THOUGHTS ANONYMOUSLY.

YOU CAN ALSO TALK TO THE WELLBEING COUNCIL LEADS - MISS GIEBKA, MRS CHILTON AND MRS HORTON, PLUS ANY TEACHER, TEACHING ASSISTANT, SUPPORT STAFF - EVERY SINGLE MEMBER OF STAFF IS HERE FOR YOU.

VISIT [HEALTHLINE.COM/HEALTH/BREATHING-EXERCISE](https://www.healthline.com/health/breathing-exercise)
FOR SOME CALMING BREATHING EXERCISES

Mindful Moment:

Practicing mindfulness can have a positive effect on our mental health and wellbeing. It helps us slow down, pay attention to the present moment and develop better self-awareness and focus. In every Wellbeing newsletter we will be including a short-guided meditation video for you to do at home and help build in healthy mental health habits that support managing our student's impulsivity and restlessness.



[Make Time for Joy: 12 Minute Meditation to Bring Laughter Into Your Day - YouTube](#)

Key contacts/ Help:

Life Signs: www.lifesigns.org.uk are a small self-harm charity that have so much information for people who are currently self-harming and for family members or friends of people who are self-harming. They also have information on cleaning self-harm wounds and treating wounds.

Parent Talk: Down-to-earth parenting advice you can trust. We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you.

They can be found at: <https://parents.actionforchildren.org.uk>

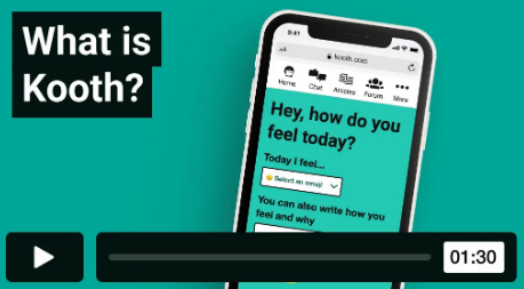
<https://www.youngminds.org.uk/young-person/your-guide-to-support/reaching-out-for-help/#Howtoaskforhelp>

<https://www.kooth.com/>

kooth

[Log in](#)

What is Kooth?



Whatever you're feeling, we're here to help

Get free, safe and anonymous support.

[Sign up for free](#)